

Asana

Plank Pose

Utthita Chaturanga Danda Asana

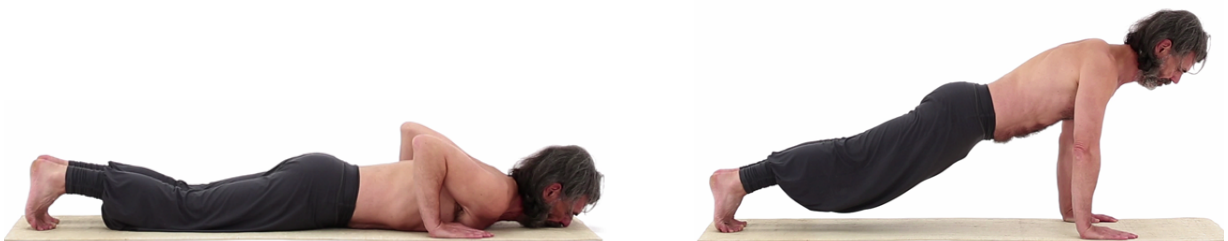
Starting Position: prone, hands on side of chest.

While inhaling into the ribs, press the hands down, extend the elbows and lift the body, which stays straight as a plank, and draws a continuous line.

The neck and the back of the head are in line with the back. It is of fundamental importance to maintain abdominal control.

Hold the pose with fluid and spontaneous breathing or *Ujjayi* Breathing.

20 seconds of static phase are sufficient.



Contraindications: significant upper limbs related pathologies.

Benefits: improves overall perception of the body; strengthens upper arms, shoulders and abdomen.